

ABSTRACT

A stepped stool to be used in performing one of the most common activities of daily living – putting on and taking off one's shoes and socks. It is specifically designed for senior citizens and others who because of the normal aging process or because of injuries to their backs and/or knees or even feet have limited motion ability. It consists of a seat and footrest of the correct heights and widths to make this task much easier and more comfortable. It is designed to look like a normal piece of furniture and is light and portable. It can also be made so that the seat and footrest can be adjusted in a vertical manner to accommodate persons of above average height.